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'YOU LEARN TO ADAPT'

Doctors look to help kids regain use of limbs

metroNEWS



Max Challoner, 12, had a stroke when he was a baby, which affected the right side of his body. The robot he's operating tracks how his brain is working with the affected limb. KENNETH APPLEBY/FOR METRO

About 8% of sexual assaults 'unfounded'

CALGARY

Eight officers typically investigate ongoing cases



Lucie Edwardson
Metro | Calgary

More than 400 sexual assault cases reported to the Calgary police since 2010 have been determined "unfounded," according to CPS statistics.

Staff Sgt. Bev Voros with the Calgary Police Service sex-crime unit said an unfounded case is when the evidence police find doesn't match up with the story of the alleged assault.

"It doesn't mean the victim is being malicious in telling the story," she said. "It just means the evidence didn't support that story."

According to CPS stats, between 2010-2015, the force had a total of 5,523 sexual assault complaints, 431 (7.8 per cent) of which were determined unfounded. Of those, 364 of them were level 1 sexual assault allegations — the most serious form of sex assault in Canada.

Voros said although CPS might have exhausted all investigative routes, if new information into any case is brought forward, CPS would re-open the case again.

She said with eight full-time detectives there are usually around 20-30 active sex

assault cases being investigated by the sex crimes unit at any given time, and hundreds of cold cases being investigated by two dedicated detectives.

Finding the courage to come forward is also major challenge, as it's believed as many as 90 per cent of cases go unreported.

"While some people might want to focus on that eight per cent of non verifiable, that nonetheless leaves us with an annual reported rate of 1,000 sexual assaults, when we also consider that only 10 per cent of assaults are reported, then we're looking at approximately 10,000 assaults in our city alone," said Rebecca Sullivan, director of women's studies at the University of Calgary.

886

The number of people who reported being sexually assaulted in Calgary in 2015. Of those, 49 Level 1 sexual assault complaints were considered 'unfounded.'



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New taxi rules bring new companies, slashed prices

TRANSPORTATION

One challenge is affordable insurance for TNCs: Official



Helen Pike
Metro | Calgary

A fair fare, and new options are coming to Calgary as the new taxi bylaw comes into effect.

According to Mario Henriques, Calgary's chief livery inspector, it won't be long until new Transportation Network Companies (TNCs) launch in Calgary.

On April 4, the city officially dropped a new livery bylaw, approved by council in February. So far there have been four applications from Alberta-based TNCs to operate.

"There's some interest out there," Henriques said. "We're excited. These are new opportunities for Calgarians."

New companies have to submit an application to the city and have it, along with an app, approved. Then, individual drivers can apply with a background check, mechanical inspection, and proof of insurance.

It's going to take some time before Calgarians see new companies on the road.

One of the biggest challenges thus far is still finding an affordable insurance policy for



A new bylaw allows for taxi companies to set new meter rates, name prices for rides. METRO FILE

We're hoping that Calgary will decide to take another look at this whole issue. Ramit Kar, Uber Alberta

the TNC model. As it stands, the province is still working on regulations and insurance, both anticipated to roll out this summer.

"There's companies we're talking to that are waiting for the insurance product to roll out and the regulations from the province," Henriques said. "That's the greatest cost and

hurdle to the drivers."

That's where Uber chimes in to say: I told you so. The company has been advocating for a change in the bylaw since it was announced — and Uber pulled out of Calgary. They said the new bylaw is too cumbersome for TNC operations because most of their employees work part-time and can't afford the fees.

"It's really sad for me to see this is the day the regulation comes into effect, and of course ridesharing can't come to the city," said Ramit Kar, general manager for Uber Alberta. "We're hoping that Calgary will decide to take another look at this whole issue."

The city and Uber are still having conversations and Henriques said the bylaw isn't completely set in stone; the city's still reviewing it.

"This isn't an absolutely done deal, we're prepared to adjust to the new models," he said.

Existing taxi companies competing for fares

It's not quite business as usual for existing cab brokers.

The bylaw allows for companies to set new meter rates, name prices for rides when using the app and it also waives the minimum limousine charges — to name a few changes.

Currently most of Calgary's cab companies have apps, but they all need to be approved by the city before they're allowed to cash in on some of the perks of the new Taxi and Limousine Bylaw.

One company out ahead of the fleet is Associated Cab, who had their app approved and announced they'll be slashing prices to attract riders.

"We're going down 12 per cent for taxi and limousine," said Roger Richard, president of Associated. "Fuel prices have gone down drastically and we're also facing the economic downturn in this province. We feel we can do more for less."

Richard added drivers will have to work harder, but he's confident they can attract more users with a discounted rate.

But for other companies today is just an ordinary one. Kurt Enders, president of Checker Transportation Group, said they are still sussing the new bylaw out.

"We're evaluating everything that the new bylaw presents to us," Enders said. "We're looking at rate changes, we're looking at a whole bunch of stuff. As of right now we haven't done anything."

CULTURE PROJECTS

Possible funding for pandas, art spaces

On Wednesday a city committee will hear three pitches for funding — substantial asks from several "culture-related" infrastructure. The money is allocated through the Municipal Sustainability Initiative, which draws from a pool of \$165 million.

Panda exhibit

The Calgary Zoo is looking for a total of \$8.15 million over two years to help build the Treasures of China enclosure.

The total cost of the upgrades, inside and out, is about \$37.6M. With the building cost estimated at \$8.15M that's a tad over the \$3 million the Toronto Zoo reportedly paid for their renovations.

King Edward School Arts Incubator Project

This project, headed by cSPACE, is an initiative to create more work space for both not-for-profit organizations and artists. It's using the historic King Edward School, with some upgrades and restoration.

The first phase of the project opened in December 2016.

cSPACE is now seeking \$1.5 million in funds to help complete the second phase of the project, which includes event space, more meeting areas, work areas and a kitchen.

Centennial Planetarium

This project is a doozie. Ringing in at \$24.5 million over two years, it's a big ask — but it's subject to approval from the Government of Alberta.

The building, completed in 1967, needs a few upgrades. It has to be brought back up to code and retrofitted. HELEN PIKE/METRO



Local teen sees her name up with Lights

SUCCESS

Sings duet with admired celeb at Junos



Aaron Chatha
Metro | Calgary

Sam Spensley still hasn't quite recovered from her performance with Lights under the lights of the Juno Awards live broadcast.

The 15-year-old Calgary high school student rehearsed with the Juno award-winning artist for four days before performing a duet of Running with the Boys in front of a packed stadium of 12,000 people — broadcast live across the country.

"When I got home it really sunk in," she said. "I sat down on the couch and watched the PVR'd performance, and I cried. I sat down in front of the TV



Sam Spensley, left, poses with Lights at the 2016 Juno Awards.
CANDICE WARD / FOR METRO

and was like, that's me up there. I just did that. This is insanity."

The morning after, she was exhausted; it was her first paid performance.

Spensley said she'd been

performing with the Legacy Children's Foundation since the age of six. In November, her group of guitarists played with Chantal Kreviazuk and Raine Maida from Our Lady Peace. Maida asked if any of

them could sing — and Spensley's mom quickly volunteered her daughter.

Representatives from MusiCounts saw that performance, and got in touch with Spensley, eventually inviting her to perform at the Juno Awards with Lights.

"She's been an inspiration of mine since I was a little girl, like eight or nine years old," Spensley recalled. "I used to watch her music videos on Family Channel."

Spensley said Lights was one of the sweetest people she'd ever met. Before the performance, the artist invited Spensley to her hotel room for some additional rehearsal time, and gave her breathing advice as they set out on stage.

"Like most little girls, I dreamed, maybe one day, I'll be famous, singing on the stage with famous people. And it happened! It's the craziest thing ever."

SAFETY

Bike Lady seeking helmets



Lucie Edwardson
Metro | Calgary

Metro introduced Gina Eaton last week as the Bike Lady—spreading joy to Syrian refugees by hunting down donated bikes and helmets for them.

But, after the story went to print with photos of children posing with their new bikes and no helmets, Eaton got some backlash, and is now setting the record straight.

"What happened is when I gave out the bikes I hadn't had any helmets donated — and I can't afford to spend \$25 on a helmet for each bike I hand out," she said.

Eaton, a former emergency room nurse, said she tells the parents of those receiving the bikes that the children need to have helmets before riding.

Since the article, she's collected bags of donated helmets and handed them out. "The word



Way to go: Two refugee boys pose with their donated bikes and helmets.
COURTESY GINA EATON

is starting to travel that we need helmets, so that is good," she said.

Eaton is now starting a three strikes program when she sees young riders on her donated bikes without helmets. First she'll warn them, second time she'll talk with their parents and on the third strike she'll take away the bike till they get a helmet.

Eaton said she is grateful for mechanics Karen Goddard Hamanson, Janine St. Jean and Keifer Dallison, who have been tuning up the bikes for free.

Parts aren't cheap, so donations are always welcome, along with bikes and helmets.

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REPORT

Railways near homes among top hazards

Stephanie Joe
For Metro | Calgary

Putting neighbourhoods beside railway tracks is unavoidable and it's a risk worth taking, according to one city councillor.

The Calgary Emergency Management Agency provided a report to the city, and in it outlined the top 10 hazards and risks Calgarians may face.

Among items on the list was potential rail conflicts, which was ranked 10th on the list.

Ward 9 Coun. Gian-Carlo Carra said not having communities close to those railroads is not an option.

"People are living transit-oriented lives in vibrant neigh-

bourhoods," he said. "That's a lot safer for people than spreading out across the landscape and spending more time in their vehicles."

Carra said that eliminating potential danger isn't possible.

"The city used to take a risk management approach that was like, 'if this is potential danger let's just avoid it completely and cut it out,' but we're recognizing that avoiding some things just opens you up to other (potential dangers) and we have to be more thoughtful and broaden our thinking," he said. "Life is a risk in general. It's about being prepared."

Floods topped the charts for a second year in a row as the highest risk emergency for Calgary.

IN BRIEF

Man to go on trial in 2017 in triple homicide case

A central Alberta man accused of killing his parents and sister is to stand trial in the fall of 2017.

Jason Klaus, who is 40, is charged with three counts of first-degree murder and arson.

Gordon, Sandra, and

Monica Klaus all died in a house fire in Castor on Dec. 8, 2013. A jury trial is to begin on Oct. 10.

Joshua Frank, who is 31, faces the same charges in the deaths.

The two men were arrested and charged eight months after the fire and remain in custody.

THE CANADIAN PRESS

Airdrie council says EMS needs overhaul

HEALTH

24/7 care could alleviate strain as majority sent to Calgary

Jeremy Simes
For Metro | Calgary

With the vast majority of Airdrie's population being rushed to Calgary hospitals, Airdrie's EMS services have become a bit more clunky, according to city leaders.

In recent weeks, Alberta Health Services (AHS) Director Don Allen told Airdrie City Council that EMS crews drove 600 Airdrie patients to the Airdrie Urgent Care Centre last year, while 2,000 were taken to Calgary hospitals.

In 2015, EMS responded to 3,695 calls in Airdrie, averaging 10 to 11 per day, an increase from the 2014 daily average of eight calls.

Airdrie Mayor Peter Brown — who's been advocating for a 24/7 care site — said an all-hours facility would help locals in dire situations be cared for immediately, meaning less may require transport to Calgary.

But Health Minister Sarah Hoffman said Airdrie EMS call data needs to be crunched to determine if the Urgent Care Centre could take on more EMS transports.

She said she's asked the department to consider looking into the time of day those calls occurred, but noted the vast majority of Airdrie patients require a level of care that can only be provided at Calgary



Airdrie EMS services haven't improved ever since AHS took over, according to Mayor Peter Brown. METRO FILE

hospitals.

"Is it because the urgent care isn't open for those hours? Or is because of the acuity levels of the patient?" Hoffman said. "We want to make sure they have the right level of care, and it might not be at the local facility all the time."

"But obviously if you can be served closer to home and it meets your needs — that's the best-case scenario."

But Brown is more concerned with the ambulance response times in the commun-

"We want to make sure they have the right level of care."

Sarah Hoffman

ity where, occasionally, ambulances haven't been available.

He said ambulance response times have worsened since EMS services transitioned to AHS from the city.

Prior to the takeover, Air-

drie's response times were about five minutes, he said. In 2015, AHS responded to 50 per cent of calls in 7.49 minutes and 90 per cent of calls in 11.04 minutes, under targets of eight and 12 minutes, respectively.

Hoffman noted overall EMS response times have improved since 2013.

She said the province is considering to have the Urgent Care Facility open 24/7, but added the department is analyzing data before it makes a decision.

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Pop-up ESL classes fill gap

SYRIAN REFUGEES

Volunteers offer English language lessons



Lucie Edwardson
Metro | Calgary

As thousands of Syrian refugees attempt to start over in Calgary, one thing is holding many of them back: a language barrier.

Being unable to speak, understand or communicate in English has been preventing them from taking the next step in their settlement, which is finding employment, according to Sam Nammoura, co-founder of the Syrian Refugee Support Group Calgary (SRSg).

"Right now, especially as the warehouse closes, our biggest priorities are becoming learning English and finding jobs — and they will do better with finding jobs once they speak English," he said.

Resources for newcomers,



Shannon Smith and volunteers will be offering ESL classes to Syrian newcomers out of Rocky View Alliance Church beginning April 26. KENNETH APPLEBY/FOR METRO

including English classes, are tapped out in Calgary, and refugees who don't know any English are forced to wait until space becomes available in a class.

Thankfully, local volunteers are taking matters into their

“They were coming with ... no English skills at all.”

Shannon Smith

own hands to help newcomers learn the language.

Shannon Smith, along with a group of volunteers, will begin offering newcomers English as a second language (ESL) classes out of Rocky View Alliance Church April 26.

She said she saw the need when an increasing number of Syrians began showing up at the church's existing ESL conversation club meetings.

"They were so eager to start learning so they weren't just going to sit at home, but it got to be a bit of the problem because they were coming with what I would call pre-beginner English skills — so, no English skills at all," she said.

Smith said many of them were unfamiliar with the alphabet and couldn't speak or understand English at all, so she decided to start a class just for them.

Now, with 15 Arabic speaking volunteers and a school-teacher ready to head the child care and child development also being offered alongside the ESL class, they're ready to begin teaching.

Currently there are approximately 15 people signed up for the free pilot class, but Smith said if they reach their cap of 25, they will add another class to accommodate them.

Volunteers, or those who wish to sign up for the class can contact Shannon at Shannon@rockyviewalliance.com

CALGARY POLICE SERVICE

Suicide saddens officers

Stephanie Joe

For Metro | Calgary

All Calgary Police Service members get mental readiness training to deal with normalizing the conversation around mental health, they said Monday.

The CPS addressed the weekend suicide of one of their members, only the fourth in 25 years.

According to CPS, the service became aware of the crisis around 9 p.m. Friday night. Commanders quickly responded to the crisis involving the off-duty officer to invoke all available resources, however, in the end the officer took her own life.

"I think it's sad anytime somebody feels such a lack of hope that this is the option that they choose," said Nina Vaughan, CPS superintendent.

"Police officers are human beings and we come with all the frailties that human beings come with," she said. "Some people are incredibly saddened that the loss of such a young life [ended] in such a way."

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TOBACCO LAWSUIT

Ex-judge seeks new Redford conflict probe

A former Supreme Court judge is calling for another investigation into conflict-of-interest allegations involving former Alberta premier Alison Redford.

Frank Iacobucci makes the recommendation in his report, released Monday, into the 2013 investigation by ethics commissioner Neil Wilkinson.

Wilkinson looked into how a Calgary law firm with close ties to Redford was awarded a contract to represent the province in a lawsuit against tobacco

companies.

Robert Hawkes, one of the partners at JSS Barristers, is Redford's former husband.

Wilkinson cleared Redford of any conflict in awarding the contract for the multibillion-dollar lawsuit while she was justice minister.

But Iacobucci said the commissioner didn't have all the relevant information he needed, including a draft note that listed the law firm as the last of three that should be considered.

"These questions would very likely have been explored by the ethics commissioner had the information on which they are based been known to him," Iacobucci said.

Justice Minister Kathleen Ganley said it's "deeply concerning" that Wilkinson didn't have all the information he needed. She has sent the report to the province's new ethics commissioner, Marguerite Trussler, to decide if another investigation is warranted.

Ganley added that the tobacco lawsuit is far into litigation and it doesn't make sense to switch law firms.

"We have no indication other than they have been anything other than fully competent in pursuing this matter," Ganley said.

In 2012 Redford, who was premier, said Alberta was seeking to recover \$10-billion from tobacco companies for the estimated cost of caring for patients dating back to the 1950s.

THE CANADIAN PRESS



The reflective crosswalk poles were designed in-house and piloted in select northwest communities. METRO FILE

Advocates want better traffic fixes

PUBLIC SAFETY

Plans to add more reflective sleeves not impressing



Helen Pike
Metro | Calgary

Thanks for the Band-Aid.

That's the reaction some Calgarians had to news the city had plans to extend a crosswalk pilot and add reflective sleeves to poles in school zones.

The reflective poles were designed in-house and piloted in select northwest communities. City officials have said it's been such a success they're looking to roll it out Calgary-wide.

The sleeves, which cost about \$30 to make, could act as a mid-step between marked crosswalks and the more pricey \$30,000 Rapid Flashing Beacons (RFB).

"I have personally watched cars just go flying by, and it

doesn't seem to change anything," said Kimberley Nelson, a member of Walk Calgary.

Nelson said it's sad more funds can't be allocated to an issue that sees hundreds injured, some fatally, every year.

"I appreciate the city is trying to find solutions to a problem using almost absolutely nothing," Nelson said.

She first noticed the crosswalk poles a few months ago on Edmonton Trail, where she isn't sure they're effective.

"I don't know how many people are seeing it."

Nelson said she doesn't think people wake up wanting to run down a pedestrian but noted roads are so wide they encourage drivers to travel without paying attention.

Walk Calgary gets it: There's not enough money, Nelson said, and the city can't just retrofit problem roads. But some efforts, including the Step Forward plan, don't go far enough.

"Part of the problem with the pedestrian strategy when it went to council in January was it had no teeth," Nelson said.

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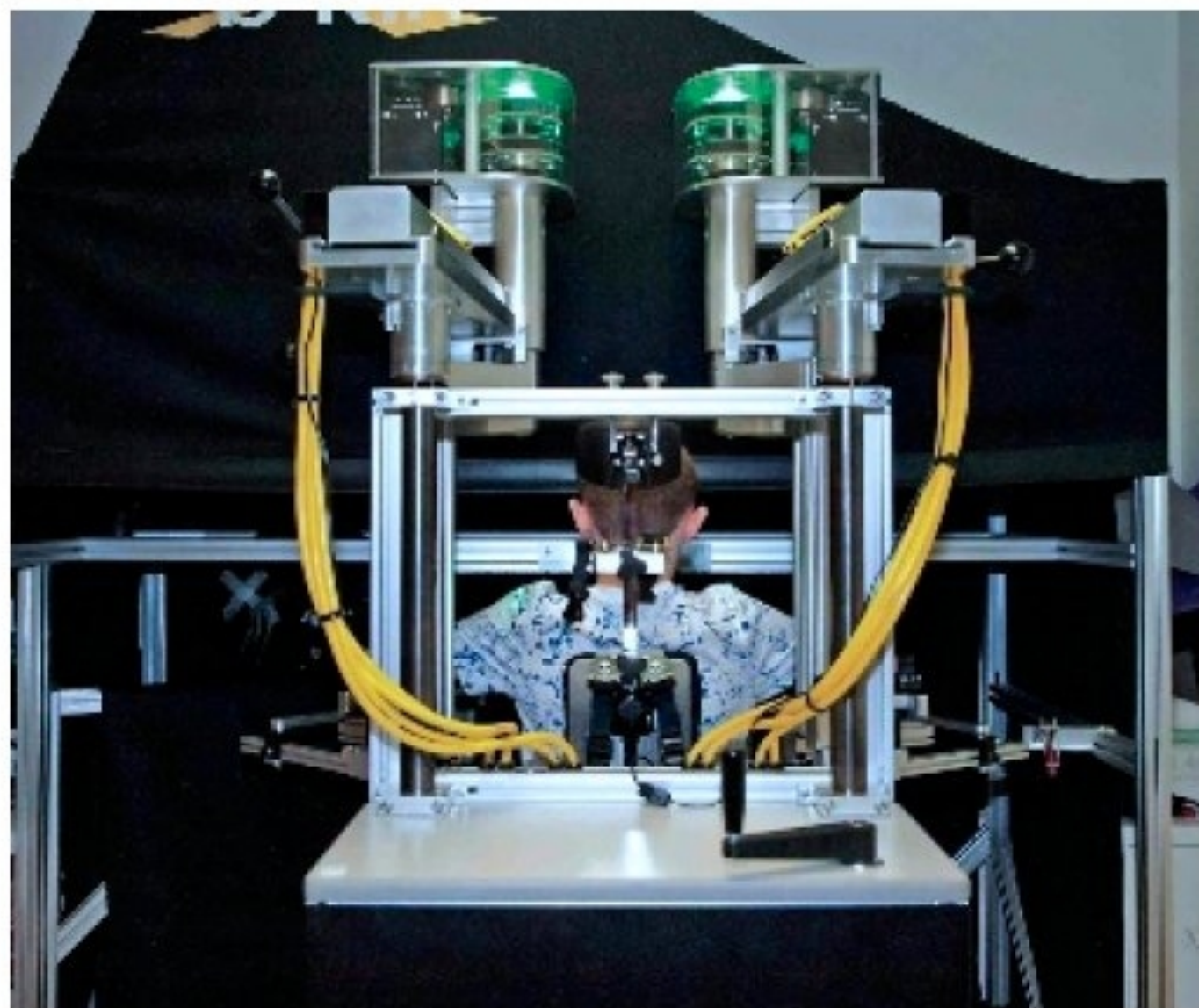
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Robotic device helps 12-year-old



Max Challoner was part of an Alberta Health Services study that analyzed patients' position sense. KENNETH APPELBY/FOR METRO

HEALTH

Treatment can be tailored to stroke victims, doctors say



Jeremy Simes
For Metro | Calgary

You can't tell Max Challoner once he had a stroke, though the 12-year-old's right arm still stiffens every so often.

Challoner, who had a perinatal stroke, took part in a study that measures children's position sense, also known as the unconscious perception of where the body is while in motion or at rest.

Perinatal strokes can occur when the mom is pregnant or during the newborn period and often lead to cerebral palsy.

Challoner's mom, Wendy Saunders, remembers Max's seizures quickly after his birth.

"It was scary. It's terrifying," she said. "I had no idea what was happening."

The study involved a robotic device that gives researchers detailed pictures of children's brain structures, allowing them to describe the differences in major sensory and motor tracks in the brain and how that might relate to function.

Participants sit in the robotic device, placing their arms and legs in compartments. The machine then moves those compartments while health workers analyze on computers.

It was Max's second go at the robotic machine on Monday.

"It's pretty fun," he said right after the assessment finished.

The results have led researchers to believe Max has a sensory processing disorder, which could be linked to his perinatal stroke.

Though researchers aren't entirely sure, Max said his stroke may have affected his vision.

"You learn to adapt," he said.

And although he's considered high-functioning compared to other kids who've had perinatal strokes, Wendy said, the research let the family learn more about perinatal issues.

"It's great," she said. "It's easier for families and for the kids who are going through this to understand it."

It also lets researchers possibly create personalized rehabilitation therapies that

are more effective, according to Dr. Adam Kirton, an Alberta Health Services specialist in perinatal strokes and the study's senior researcher.

So it can prove to be even more helpful for kids who aren't as high functioning, Kirton added.

Max agrees.

"I think that it's going to help other people, like it's helped me."

“

I think that it's going to help other people, like it's helped me.

Max Challoner

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metro

Vader drove SUV like one owned by couple: Witness

TRIAL

Beer can found in vehicle with defendant's fingerprint

A key witness has testified that he saw murder suspect Travis Vader driving an SUV that looked like one owned by two Alberta seniors who vanished six years ago.

Myles Ingersoll told a trial judge Monday that he stopped to visit a friend in Peers, a hamlet west of Edmonton, in early July 2010.

Vader — a fellow meth user — was there, too, and they chatted briefly, said Ingersoll.

"He just said he had to get going. There was too much heat around ... apparently he had warrants out for his arrest," Ingersoll said.

He added that Vader "seemed upset, or something was bothering him."

Vader then drove away in a green SUV that Ingersoll said he had never seen before. He later recognized the vehicle in a newspaper story about a missing couple.

Lyle and Marie McCann were last seen driving their motorhome with their green Hyundai Tucson towed behind it as they set out from St. Albert, a bedroom community north of Edmonton, on July 3 of that year. The great-grandparents, in their late

70s, were going on a camping trip to meet family in British Columbia.

But they didn't make it far.

Two days later their motorhome was found burning in the bush in the Peers area. Their SUV was later found hidden in some trees on a nearby rural property.

Their bodies have never been found.

The Crown alleges Vader was a desperate drug user on the run from police, and living in a makeshift camp in the region, when he came across the McCanns and killed them. The defence has suggested there's not enough evidence to prove the couple is really dead and that police should have looked at other suspects.

Vader, 44, has pleaded not guilty to first-degree murder.

Under cross-examination, Ingersoll, a 47-year-old trucker, testified that he has a criminal record and had been a meth user for years. He was even high on drugs during one police interview about Vader.

But he told court that he definitely remembers seeing Vader with the green SUV, and that it even had a hitch on the front of it so it could be towed.

The trial, in its fifth week, has also heard that Vader's fingerprint was found on a can of Boxer beer in the couple's SUV.

And an officer has testified that the SUV's keys were



Travis Vader arrives at court in Edmonton on March 8, 2016. A witness in a murder trial has testified that he saw Travis Vader driving an SUV similar to one belonging to two missing Alberta seniors. AMBER BRACKEN/THE CANADIAN PRESS

found in a pickup truck allegedly stolen by Vader.

But there have also been problems with some witnesses. The Crown called Vader's friend William Nikolyuk to testify that he told police in 2010 that Vader admitted to stealing the SUV but insisted he hadn't done anything to the seniors and that they were not in the vehicle at the time.

Nikolyuk changed his story on the stand and told the judge that he only told police what they wanted to hear because his girlfriend had recently died in a car accident and he wanted to get away to attend her funeral.

He said it was actually another drug user, Terry McColman, who confessed to stealing the SUV. THE CANADIAN PRESS

+ DEFENCE

Vader lawyer suggests deceased friend was killer
 Defence lawyer Brian Beresh hinted in court that Terry McColman could have been the killer. He died in 2011.
 THE CANADIAN PRESS

WORKPLACE HARASSMENT

WestJet faces new lawsuit

A former WestJet flight attendant has launched a second lawsuit against the airline, alleging it doesn't provide a harassment-free workplace for its female employees.

Mandalena Lewis filed documents in British Columbia Supreme Court today, asking that the case be granted class-action status on behalf of all WestJet female flight attendants.

Lewis originally launched a lawsuit against WestJet earlier this year over allegations the airline didn't take proper action after she reported being sexually assaulted by a pilot while on a stopover in Hawaii.

None of the allegations made in the court documents have been proven in court.

THE CANADIAN PRESS

POLICE

Probe opened in privacy breach

Alberta's justice minister says there has been a potential privacy breach involving about 60 people involved in the province's maintenance enforcement program.

Kathleen Ganley says her department and the Edmonton Police Service are investigating.

Under the program the government collects court-ordered child support, spousal and partner support payments on behalf of people who are to receive the money.

Ganley says the investigation centres on at least one employee and involves personal and confidential information.

The minister says she is deeply disappointed and concerned.

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“He just said he had to get going. There was too much heat around ... apparently he had warrants out for his arrest. Myles Ingersoll

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CLIMATE CHANGE

Southern polar bears losing weight

The world's southernmost population of polar bears has already lost significant amounts of body weight after decades of shrinking sea ice with breeding females suffering the most, says new research from the Ontario government.

"They're in poorer condition now than they were in the 1980s," said Martyn Obbard, of the province's natural resources department, one of the co-authors of the paper published by the National Research Council.

For decades, Obbard has been studying the roughly 900 bears that live along the northern Ontario coast from James Bay to the Manitoba boundary. Living on the southernmost fringe of polar bear habitat makes them uniquely vulnerable to climate change, he said.

For about 3 decades, the Hudson Bay ice season has been shrinking at the rate of one day a year. That means bears now spend roughly 30 days less on the sea ice than their ancestors back in the 1980s.

Bears depend on the ice to reach seals, an essential fatty, energy-rich meal. Reduced sea ice has already been shown to

be causing problems for bears on the bay's western shores and Obbard wanted to see if the same was true further south.

Using data from 900 bear captures between 1984 to 2009, he found the average weight of males had dropped by 45 kilograms and females by 31 kilograms. The number of bears had remained stable, so the weight loss wasn't from increased competition.

But when Obbard compared the drops in bear weight to the number of days with the minimum amount of sea ice the bears need for a hunting platform, he found the two changes moved in parallel. He had found the answer.

"Take the simplest explanation — these dramatic changes in sea ice. Now that we have bears that are spending 30 days longer on land, they have 30 days shorter to hunt."

Some scientists suggest bears can replace those nice, fat seals with meals found on land — geese, eggs or moose calves. But Obbard said those resources have always been available and didn't stop the slide in weight.

THE CANADIAN PRESS



A polar bear mother and her cubs huddle in Wapusk National Park on the shore of Hudson Bay near Churchill, Manitoba, in this Nov. 6, 2007 file photo. THE CANADIAN PRESS FILE



Mexican-Canadian Diego Reyna hung a Mexican flag at the top of Trump tower in Vancouver to send Donald Trump a message: 'This building is standing here today, thanks to us.' CONTRIBUTED/TORSTAR NEWS SERVICE

Mexican flag waves atop Trump tower

SOCIAL MEDIA

'It's Mexicans that built this tower,' worker declares

Emily Jackson
Metro | Vancouver

A Mexican-Canadian construction worker created an online sensation for flying a Mexican flag from the rooftop of the prestigious Vancouver Trump Tower over the weekend to poke at U.S. Republican presidential candidate Donald

Trump.

Port Moody, B.C. resident Diego Reyna put up the Mexican flag in response to Trump's comments about Mexicans being criminals and rapists, according to his Facebook post that was shared over 5,000 times by Monday afternoon.

"It's Mexicans that built this tower. This building is standing here today thanks to us, to our work, our labour," Reyna said in a YouTube video that showcases the view from the swanky, soon-to-be-complete building in Vancouver's financial district.

"So there's a little present for Mr. Trump, so every time you judge us you can think, who is building your towers? We are."

The construction crew that built the 63-storey tower — one city councillor called it a "beacon of racism" after Trump suggested banning Muslims from the U.S. — included many Mexican labourers who worked on everything from the steel framing to the drywall, Reyna said.

"Mr. Trump, we did our best work, your tower here in Vancouver is premium quality, and we were a crucial part of it, not just Mexicans but immigrants as a whole," Reyna wrote, asking people to share his post so it makes it to Trump's newsfeed.

Reyna joins a chorus of more than 50,000 Vancouverites, including Mayor Gregor Robertson, who signed a petition

asking developer Holborn to remove Trump's brand from the Arthur Erickson-designed tower.

Holborn CEO Joo Kim Tiah is overseas and could not immediately be reached for comment, but he has previously stated Holborn has contracts with Trump International that cannot be altered.

"Holborn, a company that has contributed immensely to the growth of Vancouver, is not in any way involved in U.S. politics. As such, we would not comment further on Mr. Trump's personal or political agenda, nor any political issues, local or foreign," according to a December statement from Holborn.



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INVESTIGATION

Feds to study 'tax gap'

A senator who has crusaded against tax evasion has released recent correspondence from the revenue minister revealing the government's plan to determine how much money Canada loses to tax dodgers.

Revenue Minister Diane LeBouthillier says in a Jan. 20 letter to Sen. Percy Downe that her department will try to estimate the value of Canada's so-called "tax gap," the difference between what is owed in taxes and what is actually collected.

The senator was responding to the leak of 11.5 million records from Panamanian law firm Mossack Fonseca, the authenticity of which the firm has confirmed.

LeBouthillier's letter says Canada will work with the Organization for Economic Cooperation and Development, which uses the tax gap measure to help develop policies that target tax evaders.

But Downe said he won't cheer until the Canada Revenue Agency actually releases data to the parliamentary budget officer so he can begin measuring the gap. Downe said he that's why he plans to table a bill in the Senate next week that would require the government to measure the tax gap.

The Royal Bank said Monday it operates within the law and has policies to prevent tax evasion after reports said it used the Panamanian law firm whose leaked documents are said to reveal the use of offshore tax havens.

The bank said there are legitimate reasons to set up a holding company, but if it believes a client intends to commit a criminal offence by evading taxes, it would report that and not serve the client.

THE CANADIAN PRESS

A glimpse into how the rich hide their money

PANAMA PAPERS

Shell companies used to obscure identities of true owners

A leak of 11.5 million documents from a Panama-based law firm offers a glimpse into the shadowy world where the rich and powerful hide their money, raising sharp questions about the use of shell companies that obscure the identities of their true owners.

Leaders of the Group of 20 — representing about 80 per cent of the global economy — have vowed to crack down on the practice, which is blamed for helping conceal money laundering, corruption and tax evasion.

By themselves, shell companies aren't illegal. Countries have tightened rules on using them — but not enough to satisfy anti-corruption activists.

News organizations working with the Washington-based International Consortium of Investigative Journalists have been processing the legal records from the Mossack Fonseca law firm that were first leaked to the Sueddeutsche Zeitung newspaper based in Munich, Germany.

In reports that began Sunday,

LEADERS

Among the countries with past or present political figures named in the reports are Iceland, Ukraine, Pakistan, Saudi Arabia, Russia and Argentina.



Police stand by as people protest against Iceland's PM Sigmundur David Gunnlaugsson in Reykjavik on Monday. AFP/GETTY IMAGES

they said the document dump that they dubbed the "Panama Papers" shows the hidden offshore assets of politicians, businesses and celebrities, including 12 current or former heads of state.

The law firm said in a statement it observed all laws and international standards covering corporate registrations.

Ramon Fonseca, a co-founder of Mossack Fonseca — one of the world's largest creators of shell companies — confirmed to Panama's Channel 2 that documents investigated by the ICIJ were authentic and had been obtained illegally by hackers. But he said most people identified in the reports were not his firm's direct clients but were ac-

counts set up by intermediaries.

One of the most prominent subjects of the report is Russian President Vladimir Putin, although his name does not appear in the documents. ICIJ said on its website that the documents show how complex offshore financial deals channeled as much as \$2 billion to a network of people linked to Putin.

The ICIJ said the documents involve 214,488 companies and 14,153 clients of Mossack Fonseca.

The data was from 1977 through 2015, the paper said. The newspaper and its partners verified the data's authenticity by comparing it to public registers, witness testimony and court rulings, Obermayer added.

"It allows a never-before-seen view inside the offshore world — providing a day-to-day, decade-by-decade look at how dark money flows through the global financial system, breeding crime and stripping national treasuries of tax revenues," the ICIJ said.

Panama "is the last major holdout that continues to allow funds to be hidden offshore from tax and law enforcement authorities," said Angel Gurria, secretary-general of the Organization for Economic Cooperation and Development, an organization representing mostly rich countries. It has been working with the G-20 to restrict the use of shell companies.

Reports based on the leak said Iceland's Prime Minister Sig-

IN CANADA

Revenue agency told to get leaked information

Canada's tax collectors want to get their hands on the so-called Panama Papers, a vast collection of documents that lays bare details of offshore accounts and tax shelters.

Hours after media outlets around the globe went public with the internal records of a Panamanian law firm that specializes in hiding money in tax havens, Revenue Minister Diane LeBouthillier instructed officials at the Canada Revenue Agency to get the information.

TORSTAR NEWS SERVICE

mundur David Gunnlaugsson set up a company called Wintris Inc., in the British Virgin Islands in 2007 with his partner at the time, Anna Sigurlaug Palsdottir, who is now his wife.

He reportedly sold his half of the company to Palsdottir for \$1 on Dec. 31, 2009, the day before a new Icelandic law took effect that would have required him to declare the ownership of Wintris as a conflict of interest.

Wintris lost money as a result of the 2008 financial crash that crippled Iceland, and is claiming a total of \$15 million Icelandic kronur (\$4.2 million) from the three failed Icelandic banks: Landsbanki, Glitnir, and Kaupthing.

THE ASSOCIATED PRESS

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IN BRIEF

Iraqi forces enter Daesh-held city Hit, thousands flee fighting

Iraqi forces have entered the town of Hit, a week after launching an operation to retake the western town from Daesh fighters, commanders at the scene said Monday.

Iraq's elite counterterrorism forces, who are leading the offensive, said they are clearing Daesh fighters from Hit's northern neighbourhoods as they push in toward the town centre. THE ASSOCIATED PRESS

DEPORTATIONS

EU starts shipping migrants in Greece to Turkey

A controversial European Union plan to stem the flow of refugees began Monday with the deportation of more than 200 people from Greek islands to Turkey, despite concerns over human rights and criticism that Europe was turning its back on refugees.

As dawn broke, buses filled with migrants left under heavy security from a detention centre on the island of Lesbos headed to the port for the short boat ride to the Turkish port of Dikili. More were ferried across from the island of Chios, where riot police clashed hours earlier with demonstrators protesting the

expulsions.

In all, 202 people from 11 nations were sent back. They included 130 Pakistanis, 42 Afghans, 10 Iranians, five Congolese, four Sri Lankans, three Bangladeshis, three from India, and one each from Iraq, Somalia and Ivory Coast, as well as two Syrians who Greek authorities said had asked to be sent back.

Human rights groups expressed deep concern over the operation.

"The returns underway this morning in the Aegean are the symbolic start of the potential disastrous undoing of Europe's

commitment to protecting refugees," said Amnesty International's deputy director for Europe, Gauri van Gulik. "Urgent key questions are: What process is everyone going through and what will become of them after their return?"

Judith Sunderland, acting deputy Europe director at Human Rights Watch, said trying to close the Aegean migration route by shipping people "back to uncertain fates in Turkey" will only make them seek potentially more dangerous and expensive ways to reach the EU.

THE ASSOCIATED PRESS



Police escort migrants, who are being deported from Lesbos, on to a ferry before it returns to Turkey on Monday. GETTY IMAGES

Cold-fX makers misled public: Suit

MEDICINE

Customers exposed to health risk, documents say

The makers of Cold-fX are in court fighting allegations they ignored their own research and misled consumers about the short-term effectiveness of the popular cold and flu remedy.

Valeant Pharmaceuticals will oppose an application in British Columbia Supreme Court to grant the lawsuit class-action status.

Vancouver Island resident Don Harrison launched his original claim in 2012 against Valeant and its subsidiary, Afexa Life Sciences, over advertising saying that Cold-fX offered "immediate relief of cold and flu" if taken over a three-day period at the first sign of symptoms.

Harrison's notice of claim said Valeant and Afexa continued to "knowingly or recklessly"



Boxes of Cold-fx medication
THE CANADIAN PRESS

promote Cold-fX despite evidence the natural-health product only had a possible positive impact after being taken daily for prolonged periods of two-to-six months.

Valeant also unnecessarily exposed its customers to a health threat by distributing a useless drug with a risk of adverse side effects, he said.

In a statement, the Laval, Que.-based company said it denies the accusations being made against it and will fight the application for class-action certification.

"Valeant believes the suit is without merit and is vigorously defending this matter," read the document. None of the allegations have been proven in court.

Afexa is the original manufacturer and licence holder of Cold-fX and was bought by Valeant in 2011.

Harrison's lawyer John Green also alleged Valeant and Afexa kept quiet about an internal study conducted in the early 2000s that contradicted the health claims around Cold-fX.

"The defendants knew at least as early as 2004, when they had a study done themselves, that Cold-fX might be even less effective than a placebo," he said.

"The study actually showed the placebo to be more effective at relieving (some) cold symptoms than Cold-fX."

The study found the product effectively reduced the severity of a runny nose during the early days of a respiratory infection, but that it had limited efficacy in treating other symptoms, particularly a cough and stuffy nose.

THE CANADIAN PRESS



ELECTRIC CAR TESLA ORDERS STILL RIDING A sales rep, left, helps a customer pre-order the Tesla Model 3, in Santa Monica, California, on March 31, 2016. Tesla Motors' CEO Elon Musk says worldwide orders for a new lower-priced electric car hit 276,000. Musk posted the number Sunday on his Twitter feed. He says if the trend continues orders will hit 500,000. Tesla's new Model 3 starts at \$35,000 and has a range of 215 miles per charge. Customers must put down \$1,000 to order the cars, which go on sale in late 2017. AFP/GETTY IMAGES

WEST COAST

Alaska Air buys Virgin America to expand flights

Alaska Air Group Inc. is buying Virgin America in a deal worth \$2.6 billion, making Alaska the biggest carrier on the West Coast and reigniting the debate over airline consolidation.

The proposed merger also would give Seattle-based Al-

aska a foothold in key airports in New York and Washington D.C., increasing the airline's appeal to business travellers.

"Our goal is to be the premier airline for people along the West Coast," Alaska CEO Brad Tilden told investors on a call Monday morning.

In Virgin's hometown of San Francisco, for instance, Alaska currently only flies to Seattle. Following the merger, it also would fly from San Francisco to several key markets including New York, Los Angeles, Las Vegas, Chicago, Boston, San Diego, Denver and Washing-

ton D.C.

The merger pushes Alaska ahead of JetBlue Airways — which had also bid for Virgin — to become the fifth largest carrier in the U.S. based on passengers. The combined airline would control 5.5 per cent of domestic passengers, compared

to New York-based JetBlue's 4.2 per cent.

Alaska said the deal will add Virgin's 200 daily departures to its existing 1,000 daily flights. The airline currently serves 112 destinations in the U.S., Canada and Mexico.

THE ASSOCIATED PRESS

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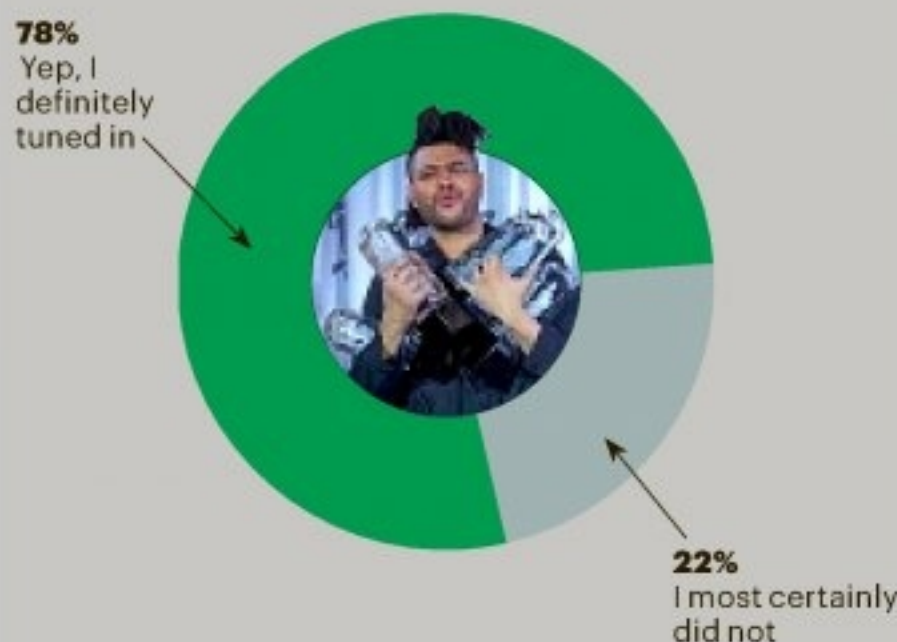
METRO POLL

Do you rock with the Junos?

Glitz and fame or kitsch and shame?

The Juno Awards ceremony aired on Sunday. While some Canadians say the show provides our homegrown music industry with a much-needed injection of glamour, others think it's an unconvincing and ultimately embarrassing attempt to be something that we're not. We asked for your take, and your indifference to the event came through loud and clear.

1 Did you watch the Junos on Sunday?



2 What do you think of the Junos, generally?

44% Don't care. We're talking about an awards show. Yawn.
31% Love them. Let's celebrate our world-class talent!
25% Can't stand them. Just a poor facsimile of the Grammys.

WE ASKED Metro readers

Honestly, I thought it was one of the better Juno shows in years.

Didn't watch. The Walking Dead was on at the same time.

Why watch celebrities pat each other on the back for hours on end?

I watched because I prefer Canadian culture to that c**p that comes from the U.S.!

I paid \$500 for two tickets a few years ago and it was drab. I expected Hollywood lol! It was not.

I tend to be most interested in classical music and jazz. There's too little coverage of that to interest me in most music awards shows.

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HAVE YOUR SAY

ROSEMARY WESTWOOD

metroview

Panama Papers unite the world in an era of economic separation

Equal proximity.

That is what I have, and you have, along with people in Mexico, Indonesia, Pakistan, or Australia, to the revelations of the Panama Papers.

The massive leak of documents from a secretive Panamanian law firm exploded into the news cycle on Sunday. Since then, citizens in 78 countries have been learning how tax havens are impoverishing their nations while enriching the already rich.

An incredible 107 news organizations around the world collaborated on these documents in a yearlong investigation. The number of journalists on the project was 376. So editors at each participating outlet would have seconded an average three journalists, for a full year, to investigate the document's leads.

In an age of global media belt-tightening, where investigative journalism is increasingly too costly for some, that is significant. It says something about the scope and impact of global income inequality that this is a massive story right around the world.

I've balked at the rhetorical transformation of "citizens" into "taxpayers." It puts too much emphasis on how much we pay out; too little on how much we help each other. It trivializes our shared communities, in favour of elevating individual pet peeves.

But as these documents show, we're not even all tax-

payers. Any Canadian can legally set up a shell company in a tax haven and avoid paying a fair share of their wealth. The practice is both legal and abominable. It's costing Canadians an estimated \$6 billion a year. And our outrage is shared by people in other nations, reading their own localized version of the same story.

"The Panama Papers: Secrets of the Super Rich" ran the ABC network's special program in Australia. "Foreign deals of Kenya's big names exposed" ran a headline in Kenya's the Daily Nation.

There were headlines in the German newspaper Süddeutsche Zeitung, Rede TV in Brazil, Proceso in Mexico, Tempo in Indonesia, the Miami Herald and Al-Jazeera in Iraq. It would take a whole column just to name all the collaborators.

Under each headline, the same basic story: how secret financial practices undermine confidence, to whatever extent it exists in each nation, in the idea that we are all treated equally by government.

An especially cynical colleague doesn't think this gargantuan journalistic effort will bear much fruit. And it's true that the very rich have always played with a different set of cards. But perhaps we are in a new era of globalized outrage over income inequality? And maybe, on the wave of that outrage, we can change some of the rules of the game.

Oh, to be taken out to a ballgame, any ballgame

KLASZUS' CALGARY

Jeremy Klaszus



With Montreal clamouring for the return of its beloved Expos, I'd like to put forth a similar, but more modest, plea.

Bring back the Calgary Expos baseball club — or something like it.

For six seasons, beginning in 1979, the Calgary Expos played at Foothills Park on Crowchild Trail. The Montreal affiliate was rookie league, the lowest rung of the MLB farm system, but it was baseball nonetheless.

The stadium became home to the AAA Calgary Cannons until 2002. It now sits mostly unused.

This is a tragedy.

As Calgary's pro hockey and football owners scheme for ever greater facilities for their teams, baseball fans

just want a team to root for.

Heck, put the ballplayers in a field someplace on the city's outskirts. Just have something, anything!

Oh, to see a game, beer and hotdog in hand, and watch the setting sun throw long shadows across the outfield — an experience you can get in many cities much smaller than Calgary.

The anguish of the Calgary fan is exacerbated by recent baseball activity throughout Alberta, particularly in the collegiate-level Western Major Baseball League (WMBL).

This summer, Brooks, population 14,185, is getting its own baseball team. Brooks!

The Brooks Bombers have a great name, a sharp logo, and if their ballpark seems a little underwhelming, who cares — it's baseball.

Up north, Fort McMurray is also getting a baseball team. Fort McMurray!

The ballyard of the Fort McMurray Giants is on an island along the Athabasca.

In Edmonton, baseball has been in limbo for some time. But things are looking up there, too, as the WMBL Edmonton Prospects just got a four-year deal to operate that city's elegant ballpark, Telus Field.

The Prospects plan to renew that park to some of its former glory, carrying on a rich tradition of baseball in Alberta's capital city.

Calgary has a strong baseball tradition, too. In the 1940s and '50s, you could watch semi-pro baseball at Buffalo Stadium in Eau Claire, right by the river.

Now Calgarians drive south to see the WMBL Okotoks Dawgs, who play in a gorgeous little stadium that frequently draws record-breaking crowds.

Calgary is due for baseball's return. It doesn't need

to be the calibre of the Cannons, who played about 140 games a year in the Pacific Coast League.

The Calgary Expos played in the short-season Pioneer League against clubs in southern Alberta, Montana and Idaho.

The league's geographic footprint was, and still is, much smaller than the Pacific Coast League's. And the shorter season befits Canadian winters.

All things considered, the Pioneer League may be a good fit for Calgary again.

In Montreal, mayor Denis Coderre, clad in Expos garb, is front and centre in campaigning for baseball's return there. The effort seems to be gaining momentum.

Quick, somebody get Nenshi an Expos hat!

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

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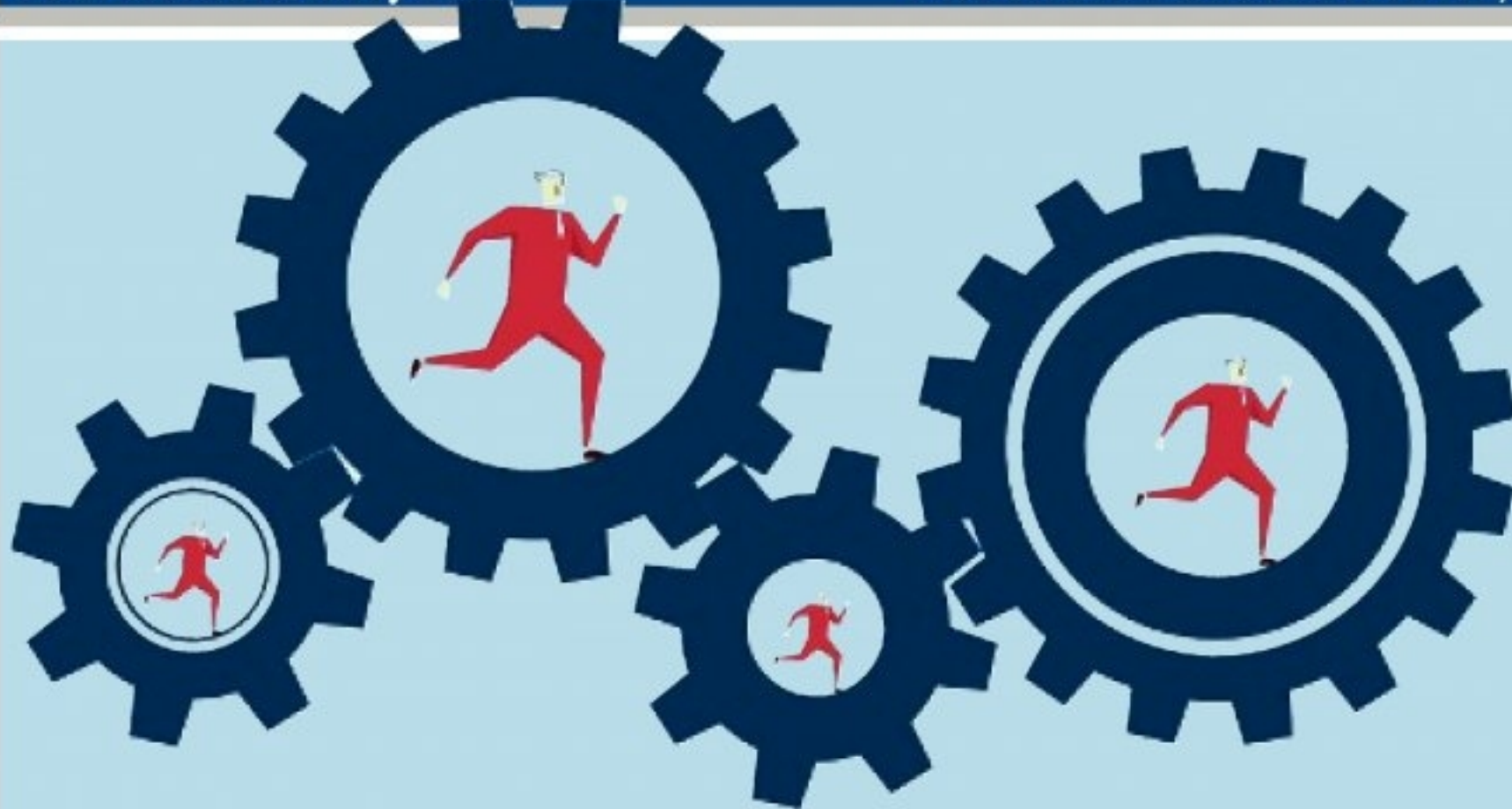
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'Nobody likes being a cog in the machine'

SMARTER BETTER FASTER

Author says feeling in control boosts productivity

Megan Haynes
For Metro Canada



As he raced to finish his first book, *The Power of Habit*, author Charles Duhigg felt like he was stuck on a treadmill of emails. "It felt like the harder and faster I was running, the farther behind I was falling," he says. "Working harder and making bigger sacrifices didn't get me out from underneath the avalanche."

While that wasn't a pleasant experience, it did inspire his next book about productivity, *Smarter Faster Better*. Metro spoke with him about why control is important for motivation, tips to filtering out distractions and why be-

ing productive doesn't mean being more efficient.

How are productive people better at getting things done?

The most productive people tend to tell themselves a story about what's going on as it goes on. They spend 10 minutes each morning visualizing what's going to happen each day. So when they're in a situation where they have to decide "should I pay attention to this or should I ignore it?" it's easy for them to make that decision because they have some story in their head about how their day is supposed to go, whereas the rest of us just react.

What can nursing homes and the concept of control teach us about motivation and productivity?

There was a question researchers asked in the 1980s: Why (do) some people move in to nursing homes and lose all motivation, essentially waiting to die, (while) others

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started exercising more, eating healthily and maintaining relationships with friends?

Those who were motivated to live would almost go out of their way to break the rules. (At this one nursing home) where everyone had an assigned meal,

this one group of residents would trade all their food. This one guy loved chocolate cake, but instead of eating the cake he got every night, he would trade it for a fruit or a brownie. He said "I would rather eat a meal of my own design than eat the best chocolate cake that was

forced on me." That's why this group of residents could motivate themselves. They kept looking for choices to prove they were still in control of their own lives. When you're in your office inundated with emails and you feel like you just have to hit "reply, reply, reply," finding some way to prove you're still in control — some choice you can make — that's how you spark motivation.

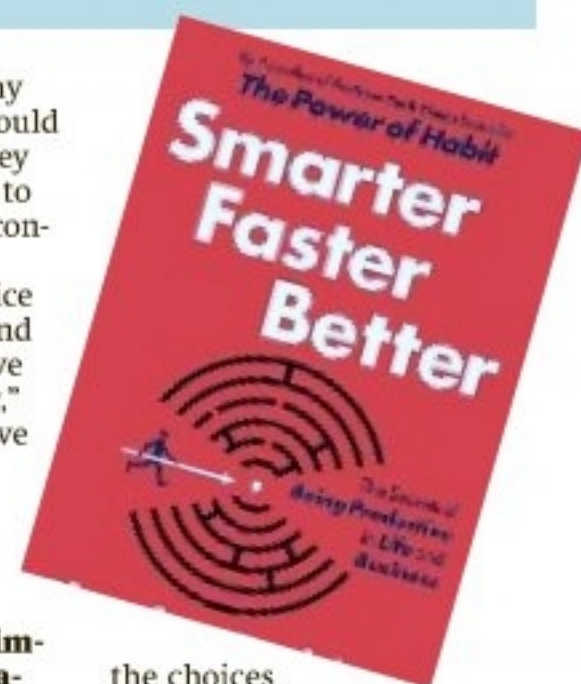
Why is control such an important factor in motivation and productivity?

Nobody likes being a cog in a machine. That's one of the things that's happened in the last 30 years we've often times mistaken efficiency for productivity. The more automatic we can make it, then that must mean it's more productive. The busier I am, the more productive I am.

It's actually the opposite: the more I can think "what's the right way to spend my time? Do I have control over

the choices I'm making?" that's where productivity comes from. It's not about being busier. It's about making better choices.

Is productivity getting your kids to school as fast as possible so you can get to your desk and start getting work done? Or is it having the time to walk with your kids to school so you're more relaxed. (You have to define) what is productivity to you.



INITIATIVES

Active living program aims to get office workers up and moving

A program to get workers up and moving while on the job has rolled out in British Columbia, and it will be stretching the legs of employees across Canada by the fall.

UPnGO with ParticipACTION was launched Monday by federal Health Minister Jane Philpott, B.C.'s Minister of Health Terry Lake and Elio Antunes, president and CEO

of ParticipACTION.

"So many of us struggle to find the time to exercise," Philpott said in a news release.

"This is why I am excited about the creative and sustainable strategies UPnGO with ParticipACTION offers Canadians to incorporate physical activity into their everyday work lives."

Participants receive points

redeemable online for health products if they meet personal goals and complete set challenges.

"UPnGO offers employees fitness tracking, personal goal-setting, team challenges and rewards, all delivered through a mobile and web platform," Antunes said.

"We are making sitting less and moving more expected and accepted in Canadian

workplaces."

The Public Health Agency of Canada and B.C.'s Ministry of Health are among several partners investing in the \$7.5-million project.

The Public Health Agency of Canada will kick in \$2.5 million over three years, and B.C.'s Provincial Health Services Authority will allocate \$3.8 million over the same period.

Other partners include the Ontario Trillium Foundation and biopharmaceutical company Astra Zeneca.

Benefits of workplace physical activity include increased productivity, creativity and job performance, but a ParticipACTION survey finds 48 per cent of British Columbians worry they spend too much time sitting at work.

THE CANADIAN PRESS



We are making sitting less and moving more expected and accepted in Canadian workplaces

ParticipACTION CEO Elio Antunes

+ MATERNAL HEALTH SMOKING MAY ALTER GENES OF FETUS**Researchers find changes linked to cancer, defects**

Women who smoke while pregnant may be chemically altering the DNA of the developing fetus, a major study published in the *American Journal of Human Genetics* found. Doctors have warned smoking can lead to stillbirth, or babies born with cleft palate, lung disease, or neuro-

behavioral problems. Among smokers in the study, researchers identified "6,073 places where the DNA was chemically modified differently" than in newborns of non-smoking moms. Changes were seen in genes relating to lung and nervous system development, smoking-related cancers, and birth defects. *AFP*

**BABY BOOMER HEALTH****Risky actions not cause of Hep C peak: Study**

Canadian researchers have determined the peak of the hepatitis C epidemic in North America occurred about 15 years earlier than previously believed, suggesting it wasn't youthful indiscretions that put baby boomers at a high risk for the disease.

And that means, say researchers, that all those who belong to the post-Second World War generation should be screened for the potentially deadly infection, which can take up to 50 years to manifest symptoms.

An estimated 300,000 Canadians are infected with hepatitis C, with baby boomers — the generation born between 1946 and 1964 — making up about 75 per cent of cases. Over time, hepatitis C can severely scar the liver, leading to cirrhosis, and is a known cause of liver cancer as well as liver failure.

It was long thought that boomers who were infected with the blood-borne virus likely contracted the disease in their late teens or early 20s, due to such risky behaviours as IV drug use or sexual experimentation.

But a study by B.C. researchers found the peak of the hepatitis C epidemic occurred about 1950, when many baby boomers

+ STIGMA

Dr. Julio Montaner suggested stigma associated with hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced.

were young children, and had plateaued by 1960 — well before the zenith of injection drug use at the end of that decade.

The oldest of the baby boomers were just five years old at the peak of the epidemic.

"The spread of hepatitis C in North America occurred at least 15 years earlier than it was suspected before, and if that is the case, the baby boomer epidemic ... cannot be explained by behavioural indiscretions on the part of the baby boomers," said co-investigator Dr. Julio Montaner, director of the BC Centre of Excellence in HIV/AIDS.

"We suspect that this is more likely attributable to medical practices at the time," said Montaner, explaining that hepatitis C hadn't yet been identified and injections and blood transfusions

were given employing reusable glass-tube syringes and metal needles, which were subject to contamination despite boiling.

"The baby boomers in North America ought to be offered hepatitis C screening," he said, "not because they did anything wrong but because they are baby boomers, and so they were alive at a time in which the standard of care was such that we are all potentially at risk of having contracted hepatitis C."

A plateau in the spread of hepatitis C infections was observed between 1960 and 1990, consistent with the hypothesis that changes in injection technology were a driving factor.

Montaner suggested that stigma associated with a diagnosis of hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced.

"So hepatitis C testing has always carried a certain degree of stigma and it's been a difficult conversation," he said from Vancouver. "So people have been generally not coming forward to test, and physicians had usually not been offering hepatitis C screening very readily."

THE CANADIAN PRESS

Sit, stand, repeat for good health

MOVEMENT**This fun and simple exercise has many benefits**

YuMee Chung
Torstar News Service

We all know the importance of staying fit, but did you know that doctors are now saying that your level of musculoskeletal fitness is a strong predictor of longevity?

This seemingly simple exercise based on the sitting-rising test designed by Brazilian physician Claudio Gil Araújo. It's a decent measure of flexibility, balance and strength and a graceful way to get up and down from the ground.

Get Up, Stand Up

1. Begin in a seated position on the floor with right ankle crossed snugly in front of left and the feet within inches of each other.
2. Attempt to stand up without using the hands for support. Start slowly and be prepared to put a hand down if you lose your balance.
3. Keep the ankles crossed as you lower yourself back down

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

to a seated position.

4. Switch sides.

5. If you stood easily, without losing your balance, try this more challenging version: step the soles of the feet down on the ground with the inner big toes touching. Think standing feet.

6. Attempt to rise without using the hands for support. You will need to widen the knees away from your midline, reach your arms out in front, and rock your weight forward to gather a little momentum for this challenge. Again, be prepared to catch yourself.

7. Lower yourself to a seated position without moving your feet.

8. Switch sides.

Do this exercise on a regular basis to maintain mobility, coordination and muscle strength, and to decrease the risk of dangerous falls as you

move into your golden years.

Sit. Rise. Repeat.

According to a study by Brazilian physician Claudio Gil Araújo published in the *European Journal of Cardiovascular Prevention*, a simple test called the sitting-rising test (or SRT) can predict your chances of dying an early death.

Offering an explanation for the close correlation between the test scores and survival, Dr Araújo said: "It is well known that aerobic fitness is strongly related to survival, but

our study also shows that maintaining high levels of body flexibility, muscle strength, power-to-body weight ratio and coordination are not only good for performing daily activities but have a favourable influence on life expectancy."



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JUNOS

Nominees and veterans stage impromptu karaoke

Hours after Sunday's Juno Awards wrapped, some of Canada's most celebrated musicians were putting on their own impromptu show in a local bar's basement.

Both Juno nominees and music veterans jumped on stage at the Warner Music Canada after-party for what quickly became a professional karaoke of sorts that couldn't even be sidelined by a flood on the dance floor.

"I think we legit overpowered our monitors," country singer Brett Kissel proclaimed late in the evening at the Palomino Smokehouse in downtown Calgary. "That's how much fun we're having out here."

Warner's annual invite-only Juno party has become an essential stop for many artists, record label employees and their friends because of its sheer unpredictability.

Among the performers who played throughout the night were mainstays of the Can-

adian music scene like Blue Rodeo's Jim Cuddy and his son Devin.

Tom Cochrane unexpectedly showed up to charge through some of his trademark hits, starting with Big League and Life is a Highway — sans harmonica — for an exuberant crowd who sang along.

Broken Social Scene's Kevin Drew then emerged from the crowd to join Cochrane for a rendition of Boy Inside the Man.

His show came shortly after the basement dishwasher began pouring water onto the floor, briefly pushing the audience against the walls to avoid sopping their shoes.

The bar's staff quickly pulled out mops and cleaned up the space so the show could go on.

Great Big Sea frontman Alan Doyle started his set with Rock Around the Clock before taking on a few other old favourites.

But it was pop singer Francesco Yates and newcomer Scott Helman who were the powerhouse pair of the night, returning to the stage several times to play classic rock staples.

First they paid tribute to Jimi Hendrix's Purple Haze with a stage drenched in an

"I think we legit overpowered our monitors ... That's how much fun we're having out here."

Brett Kissel, country singer

appropriate lighting hue.

But as the party stretched past 2 a.m. Yates and Helman's performances became even more extraordinary.

Nirvana's Smells Like Teen

Spirit was next for the duo as Yates reached octaves beyond Kurt Cobain's range.

Moments later country singer Kissel pulled both Yates and Helman back on stage for an

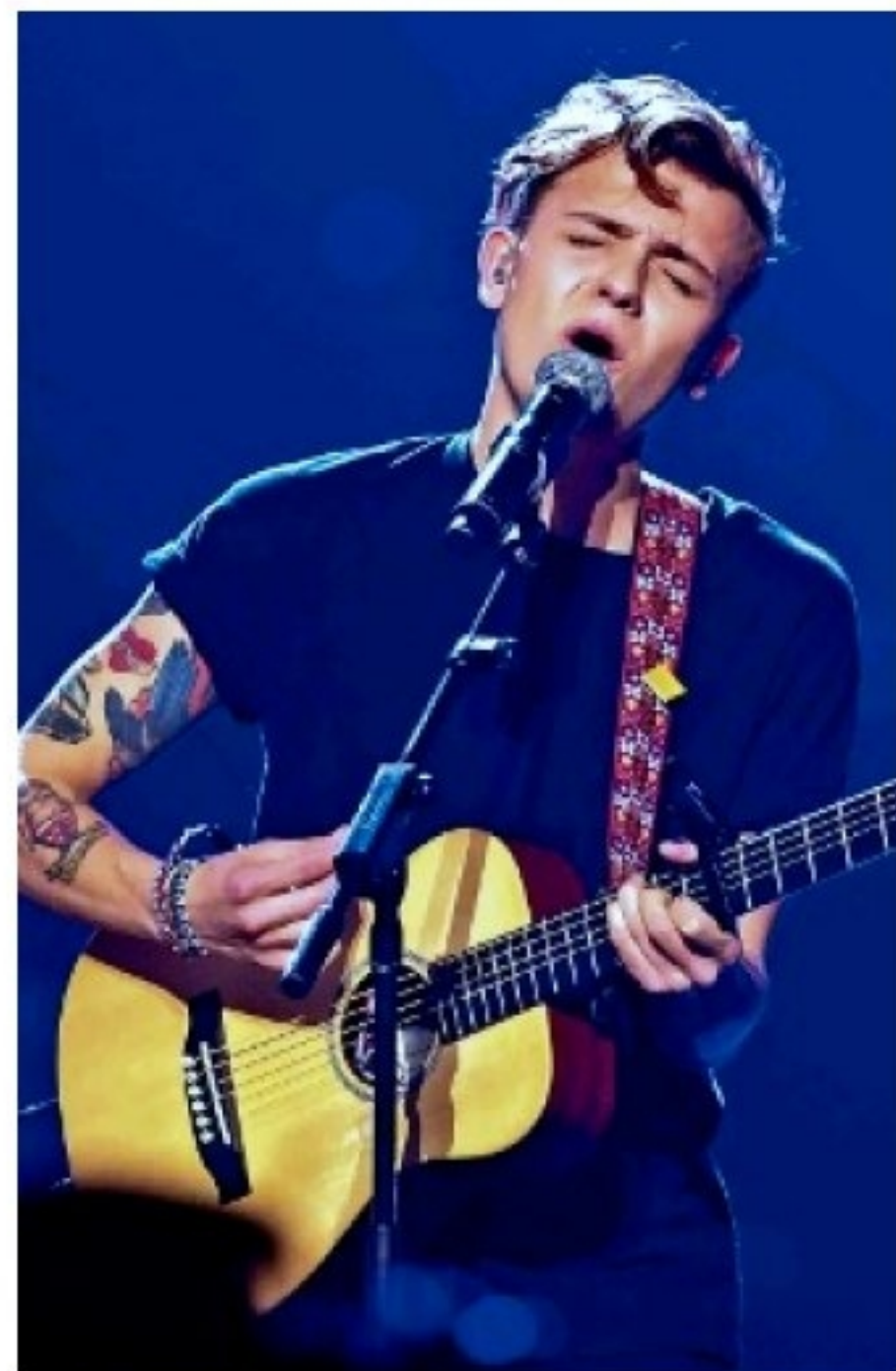
energetic version of Proud Mary, which he told the audience would be more in vein of Tina Turner than the original John Fogerty version.

Toronto-born superstar the Weeknd dominated the Junos on the weekend, snagging five awards, including album of the year. Pop newcomer Alessia Cara won breakthrough artist of the year after opening Sunday's show with her hit Here

and new single Wild Things. Justin Bieber, who did not attend the awards, claimed the fan's choice award and also won pop album of the year for Purpose.

Former Guess Who frontman Burton Cummings received a long standing ovation as he was honoured with an induction into the Canadian Hall of Fame for his solo work.

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Scott Helman, seen here performing at the Juno Awards, . JEFF MCINTOSH/THE CANADIAN PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Brother-sister bond explored

THE SHOW: *Casual*, Season 1, Episode 1 (Crave/Hulu)
THE MOMENT: The opening scene

Valerie (Michaela Watkins) and Alex (Tommy Dewey), brother and sister, are at their father's funeral, talking smack.

"Her husband tried to kill himself last year," Valerie says about one woman.

"That makes sense," Alex responds, then gestures to his dad's corpse. "He'll be forgotten in a week." He wakes with a start. It's just a dream.

Later, Alex — a louche bachelor who's created a dating site — relates the dream to Valerie, a psychiatrist who recently separated from her husband and moved into Alex's house with her teenage daughter. "Everyone's so awful, it's impossible not to sh*t on them," Alex says. "Even in my dreams I don't relate to people."

Valerie's equally damaged. When Alex urges her, "Go be with somebody," she replies, "I don't know if I can."

As they say in screenwriting, Theme Stated. In a few swift scenes, we know exactly what this series, from creator Zander Lehmann and producer Jason Reitman, is about: A relationship that's rarely explored on screen (brother/sister) is the only one these two can manage. We'll watch for its snappy one-liners — "The whole faculty is depraved," a high-schooler says. "They're like *Eyes Wide Shut* on minimum wage" — and to see if the two leads will soften and grow.

Also interesting: Cynicism and unlikeability used to be the purview of film, while half-hour sitcoms were populated by fluffy characters we chuckled with. The proliferation of streamed TV (Hulu, Amazon, Netflix, et al) is changing that faster than you can say *Flaked*, *You're the Worst*, *Hello Ladies*... et al.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Casual is about a brother/sister relationship that's rarely explored on screen. CONTRIBUTED



Mike Smith, centre, better known as Bubbles from the *Trailer Park Boys* — posing with John Paul Tremblay, as Julian, left, and Robb Wells, as Ricky, right — denies committing a misdemeanour offence for which he has been charged. THE CANADIAN PRESS FILE

'No bad feelings' actress says after quitting show

TRAILER PARK BOYS

DeCoutere says cast and crew are still her friends

Former *Trailer Park Boys* actress Lucy DeCoutere insists she remains friends with the cast and crew of the show she has resigned from despite saying her departure was linked to the arrest of a co-star in the U.S.

DeCoutere announced her resignation on Twitter on Saturday and said it was connected to one of the show's principal actors being charged with misdemeanour domestic battery a day earlier.

A publicist for the *Trailer Park Boys*, however, reportedly said DeCoutere told the

"I am floored by the hundreds of derogatory, cruel and heartless messages."

Lucy DeCoutere



show's producer a few weeks ago that she would not be returning next season.

Late Sunday night, DeCoutere said it had been an "extremely tough" weekend.

"The TPB cast and crew are still my friends and there are no bad feelings between us," DeCoutere tweeted before adding, "I am floored by the hundreds of derogatory, cruel and heartless messages I've read. For those who are being kind? Rock on! You make TPB fun."

DeCoutere has become a well-known figure across the

country after testifying against former CBC broadcaster Jian Ghomeshi at his sexual assault trial. He was found not guilty last month.

DeCoutere's co-star, Mike Smith, who played the character Bubbles on the cult comedy show, was arrested in Los Angeles on Friday, booked on suspicion of misdemeanour domestic battery and released hours later on bail.

He denied any wrongdoing in a written statement, saying the woman involved in the incident was a friend of his

with whom he had a "loud and heated dispute."

"At no time did I assault her. I am not guilty of the misdemeanour charged against me," he said.

In the same statement, which was issued by the "Trailer Park Boys," a woman who says she was described as the alleged victim in the incident also denied the police allegations.

"It saddens me the way things are being reported and the way it was handled by the police," the woman is quoted as saying "At no point did I feel I was in danger."

After news of Smith's arrest surfaced, DeCoutere tweeted: "If I find out that somebody is abusive, I cut them out of my life" and then announced she was leaving the show.

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Canada sitting pretty at world championships

CURLING

Calgary rink leads the field with 5-0 record

After a frustrating opening weekend, Canada has found its groove at the men's world curling championship.

Kevin Koe's Calgary rink improved to 5-0 with a pair of convincing wins Monday, a 5-3 victory over Scotland and a 9-2 rout of Japan.

The two comfortable performances in Basel, Switzerland, should do wonders for Canada's confidence after a pair of shaky extra-end wins on Sunday, especially with an early match coming against Germany on Tuesday morning.

"Obviously we played well tonight," said team coach John Dunn. "And we're in the middle of this three-games-in-a-row stretch right now, so any time you get the opportunity to shake hands early and get to bed early, and with our first morning game tomorrow, the timing of this is pretty good."

Canada's win over Japan, coupled with the United States' surprising 8-3 rout of defending champ Sweden, left Koe's rink alone atop the round-robin standings after eight draws.

Norway and Sweden were tied for second at 4-1, with



Kevin Koe skipped his Calgary rink to wins over Scotland and Japan on Monday.

GEORGIOS KEFALAS/KEYSTONE VIA THE ASSOCIATED PRESS

Denmark, the U.S., and Japan in fourth at 3-2.

Canada did most of its damage against Japan through steals. After being forced to a single to open the scoring in the second end, Canada

ramped up the pressure in the third. Koe made a perfect draw that forced Japan skip Yusuke Morozumi to attempt a double raise takeout. He overcurled the attempt, leaving Canada with a steal of two.

It got worse in the fourth end when Canada simply kept piling red rocks into the rings, leaving Morozumi looking at six of them with his final-rock draw attempt. He came up well light, allowing Canada to steal

4

Canada is looking to end a four-year championship drought. Glenn Howard won Canada's last title in 2012.

five.

Canada would steal another in the fifth end, and the teams shook hands after Japan salvaged a sixth-end deuce thanks to a double-takeout from Morozumi.

"That feels nice to get a bit of an easier win," Koe said. "They made some good shots early to keep them in it. It looked like we were going to get 'em for three in the second (before Morozumi bailed out his team). But we didn't get frustrated, we kept the heat on them and eventually he missed a couple big ones."

The score was closer against Scotland, though the win was still less frenetic than Sunday's 11th-end nail-biters against Denmark and the U.S.

Canada, which includes third Marc Kennedy, second Brent Laing lead Ben Hebert and alternate Scott Pfeifer, closed off the match with two points in the ninth after the teams battled through three blank ends. THE CANADIAN PRESS

MLB

Jays club trio of homers vs. Rays

Josh Donaldson, Michael Saunders and Josh Thole homered to help R.A. Dickey and the Toronto Blue Jays beat the Tampa Bay Rays 5-3 in their opener on Monday night.

All three of the home runs were hit off Drew Smyly, with Donaldson connecting for a solo shot in the fifth inning, Saunders delivering a two-run homer in the fourth and Thole going deep on a third-inning drive that umpires initially ruled was a double after a fan interfered by catching the ball before it reached the stands.

MONDAY At Tampa Bay

5	3
BLUE JAYS	RAYS

The call was reversed after a replay review, erasing a 1-0 Tampa Bay lead.

Roberto Osuna, the fifth Blue Jays pitcher, worked a perfect ninth for his second save.

Aaron Sanchez, 7-6 in 2015, starts Tuesday for Toronto in the third game of the four-game series between the AL East rivals. The Rays counter with Jake Odorizzi, who was 9-9 last season. THE ASSOCIATED PRESS

MORE SPORTS

Go to metronews.ca for coverage of the women's world hockey championship gold-medal game between Canada and the U.S., and the NCAA men's basketball championship final.



MLB

Span comes up big in his Giants debut

Madison Bumgarner felt under the weather on opening day.

The San Francisco Giants' hitters had something "contagious" going, too.

Denard Span homered and drove in five runs in his San Francisco debut, and the Giants beat the Milwaukee Brewers 12-3 on Monday despite a sluggish start from ailing ace Bumgarner.

Span hit a three-run shot with two outs in the eighth inning and Joe Panik and Buster



Denard Span drove in five runs on Monday.

TOM LYNN/THE ASSOCIATED PRESS

Posey followed with home runs off reliever Ariel Pena.

THE ASSOCIATED PRESS

NFL IN BRIEF

Panthers re-sign tackle

The Panthers have re-signed backup defensive tackle Kyle Love to a one-year contract.

Financial terms were not released Monday. Love played in 15 games with two starts in 2015 for the NFL's sixth-ranked defence. He had 19 tackles, three sacks, four quarterback pressures and one fumble recovery.

The Panthers have also signed punter Michael Palardy to a one-year contract. THE ASSOCIATED PRESS

NHL

Scott expects short stint with Habs

John Scott only expects his latest stint in the NHL to last one game.

"Unless I score a hat trick," he told reporters with a laugh. Scott will play an NHL game for the first time since being traded to Montreal, and the first time in over four months, when the Canadiens host the Florida Panthers on Tuesday.

"I'm glad I can get into a game," Scott said. "The fans (in Montreal) have always been the best. I've been here a few

+ ALL-STAR HERO

After being voted into the NHL all-star game by way of a write-in campaign, Scott was named the showcase's most valuable player.

times and it's just one of the best arenas to play at, so I'm excited to be on the home side of it this time." THE CANADIAN PRESS

Spurs could be thorn in Warriors' sides

NBA

Record chase depends on who and how San Antonio plays

The biggest mystery surrounding the Golden State Warriors' run at history is how motivated San Antonio will be to stop it.

The NBA's two best teams this season will meet twice this week, perhaps the biggest remaining obstacles to the Warriors' quest for an NBA-record 73 victories.

Or, the Spurs might decide not to be much of an

obstacle at all.

With less than two weeks until the playoffs and the Spurs (64-12) all but locked into the No. 2 seed in the Western Conference, coach Gregg Popovich has already begun resting his players on occasion. So it's impossible to predict who will be in uniform for San Antonio when it travels to Golden State on Thursday, or hosts the Warriors (69-8) on Sunday.

"It doesn't matter, to me,

how he plays it," Warriors coach Steve Kerr said of Popovich, one of his former coaches. "His team is a little older than ours, too."

“

We have a lot of young guys who have no reason to sit out because they're feeling great.

Warriors coach Steve Kerr

made LaMarcus Aldridge sit out one of his first practices with the team in October, Popovich joked that he told

the all-star forward, "Welcome to the Spurs."

The Spurs will be opening a back-to-back Thursday in Oakland, so Popovich figures to sit some regulars either that night or Friday in Denver. San Antonio is then off until the Warriors visit, and follows that game with another night off before hosting Oklahoma City.

San Antonio will be 39-0 at home when Golden State arrives, two victories from becoming the first team in NBA history to go undefeated at home for an entire season. That could motivate the Spurs to make everyone available.

THE ASSOCIATED PRESS



Stephen Curry shot 4 for 18 with just 14 points in his last game against the Spurs, an 87-79 loss for the Warriors.

CHRIS COVATTA/NBAE VIA GETTY IMAGES

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PARCEL DESCRIPTIONS - ACRES APPROXIMATELY + or -

1. 151.48 Acres - 5;1;22;6;NE
2. 2.60 Acres - 0512195,2,2 (Part of 5;1;22;6;NE above)
3. 155.70 Acres - 5;1;21;18;NE
4. 160 Acres - 5;1;21;18;NW
5. 156 Acres - 5;1;21;18;SE
6. 160 Acres - 5;1;21;17;NW
7. 160 Acres - 5;1;21;17;NE
8. 155.70 Acres - 5;1;21;7;NE
9. 128.69 Acres - 5;1;21;7;NW
10. 155.50 Acres - 5;1;21;7;SE
11. 160 Acres - 5;1;21;7;SW
12. 157.79 Acres - 5;2;21;1;SE
13. 148.82 Acres - 5;1;20;31;NE

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on April 18, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
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DAILY WARM UP

Calgary metro

OFFSHORE ACCOUNTS

Messi subject of Spanish tax probe

Spanish tax authorities say they are investigating allegations of tax irregularities involving soccer player Lionel Messi after documents released by an international probe of offshore accounts.

Messi's family released a statement Monday denying wrongdoing and threatened to sue media outlets that released the information linking the Argentine player to accounts in Panama.

Last year, Spanish author-



Lionel Messi
GETTY IMAGES

ities charged Messi and his father with three counts of tax fraud for allegedly defrauding Spain's tax office of 4.1 million euros (\$4.4 million) in unpaid taxes from 2007-09. They will stand trial in late May and face nearly two years in prison if found guilty. THE ASSOCIATED PRESS

IN BRIEF

FIFA judge faces ethics investigation

A FIFA judge who helped ban Sepp Blatter for financial misconduct is now under investigation by his ethics committee colleagues after being named in an international probe of offshore accounts.

The FIFA ethics prosecution chamber said Monday that it "opened a preliminary investigation to review the allegations" linked to lawyer Juan Pedro Damiani of Uruguay.

THE ASSOCIATED PRESS

Rangers get three runs and a win with just one hit

Prince Fielder shrugged and smiled after his bloop single was the only hit the Texas Rangers needed to hand Felix Hernandez his first opening day loss.

"I've never won like this," the burly slugger said after a 3-2 win over Seattle on Monday. "Only way you can go is up."

Actually, it was a pretty

good way for the defending AL West champs to start, with Cole Hamels overcoming a shaky first two innings and keeping Texas close before three walks by Hernandez and two errors by the Mariners in a three-run fifth inning put the Rangers in front. THE ASSOCIATED PRESS

Tavares' three the difference in Isles' victory

John Tavares got his 30th goal and two assists, and the New York Islanders scored three times in a 5:15 span to get a crucial 5-2 victory over the Tampa Bay Lightning on Monday night.

Ryan Pulock, Matt Martin, Brock Nelson and Johnny Boychuk also scored for the Islanders, and Thomas Greiss had 32 saves. New York holds the Eastern Conference's first wildcard spot and won for the third time in four games to reduce its magic number to two over Boston to secure a third straight post-season berth. THE ASSOCIATED PRESS

RECIPE Blueberry Coconut Stuffed French Toast



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Treat yourself to a decadent breakfast-for-dinner tonight.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

- 6 Tbsps mascarpone cheese
- 2 tsps fresh lemon juice
- 1/4 tsp zest of lemon
- 1 tsp coconut sugar (or regular)
- 1/2 cup fresh blueberries, pureed
- 4 slices thick multi-grain bread or challah
- 4 eggs
- 1/2 cup of coconut milk
- 2 tsps vanilla extract
- 1/4 cup unsweetened coconut flakes for garnish
- fresh blueberries for garnish
- maple syrup
- butter for pan

Directions

1. In a bowl mix the mascarpone

cheese, lemon juice, zest and sugar. In a blender puree the blueberries. Stir the blueberry mixture into the cheese mix.

2. In a bowl that you can sink your bread into, whisk the eggs, milk and vanilla. Set aside.

3. Take a thick slice of bread, cut it in half and, down the center of the slice to nearly the other corner, cut a pocket. Take a tablespoon or so of the cheese mixture and fill the pocket. Dunk the 1/2 slice into the egg mix, flipping to fully coat. Continue until you've filled and dunked all the triangles.

4. Place slices in a warm frying pan that you've coated with a tablespoon of butter. Cook on both sides until golden brown. Remove from pan and serve with blueberries, sprinkle of coconut and maple syrup.

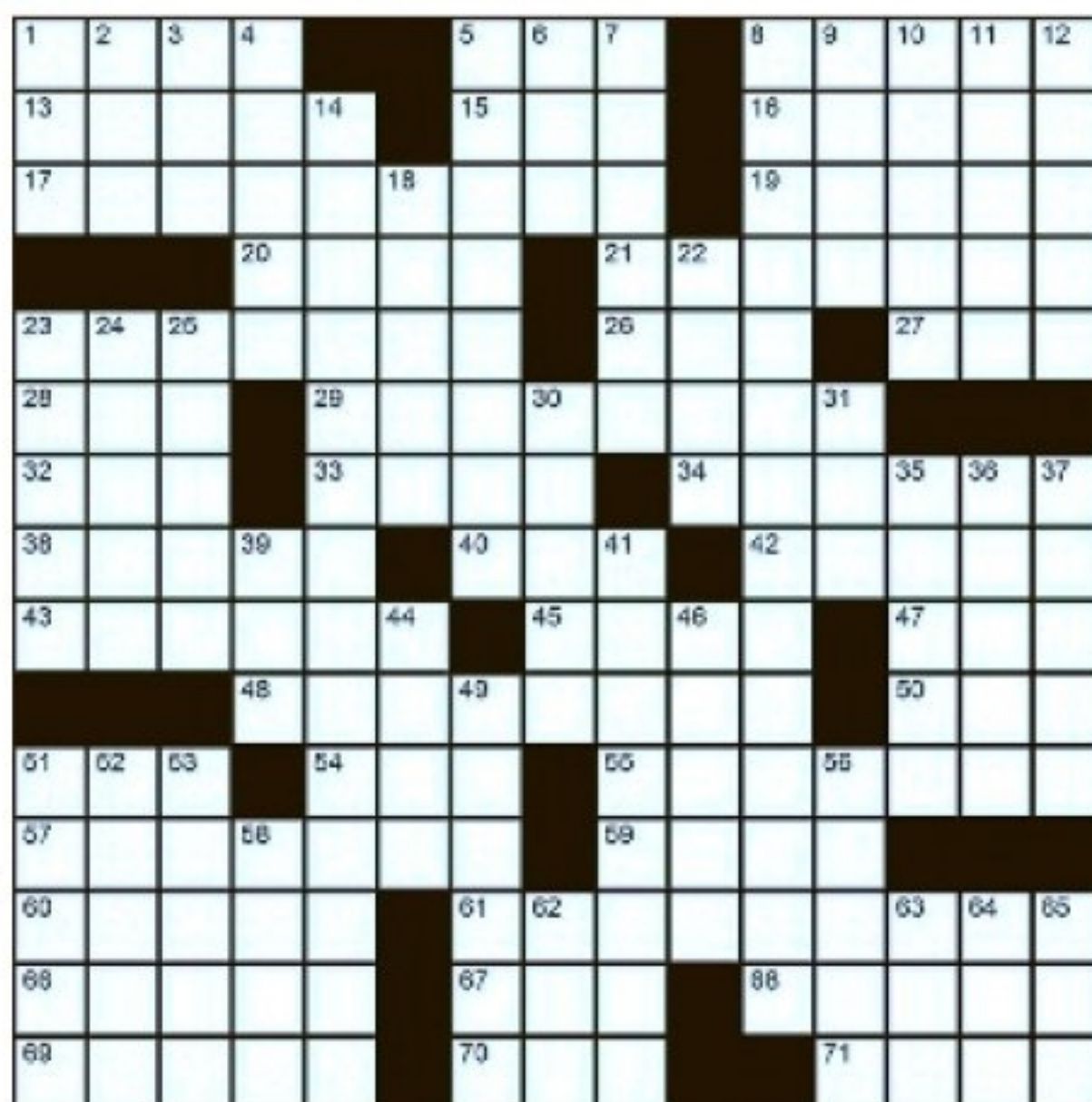
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Podium
5. Green Gables home, commonly
8. Baltimore NFL player
13. ___ nothing
15. Ms. Rand
16. Express a thought
17. Like a movie with Oscar-winning stars
19. Stupefy
20. Italian car
21. Approximate
23. Move onward
26. Long-snouted fish
27. Bashful
28. Flyer to a flower
29. 'On the Edge of Everywhere' port town in Nova Scotia
32. Friend: French
33. Through
34. 1982 Robin Williams movie character based on the John Irving novel, ___
38. Polynesian archipelago kingdom
40. Wood cutter
42. Irish actor, Milo ___
43. Some written works
45. Bank dealing
47. Ms. Miller
48. TV show backers
50. Born, in bridal bios
51. Tree chopping
54. Fleuve's flower
55. Cracks the



57. Hangar hang-out
59. Farm fabrication
60. Shut-eye
61. Do this a little in the Trooper song: 2 wds.
66. Relating to

67. Lodge
68. ___ Coyote
69. Pontificate
70. 'Yes' at sea
71. Detect

DOWN

1. Stealing bird
2. Ginger drink
3. ___-defined (Vague)
4. Syllable-singing system
5. Designs
6. Blinker
7. Canadian book-

8. Canadian invention in the workshop since 1908: 2 wds.
9. Acme
10. Some charge cards
11. Cain's biblical son
12. Mesh-like

14. Gordon Lightfoot song that seems fitting for April's weather: 3 wds.
18. Chocolate source
22. Seagoing, shortly
23. Slacken
24. Audition tapes
25. Leaf's lines
30. Servings of food
31. Sci-Fi writer Mr. Wells, et al.
35. "Can you give me ___?" (I need some help here)
36. Ms. Zellweger
37. Window parts
39. Motorist's purchase
41. ___ Racetrack (Venue of the Queen's Plate every summer in Toronto)
44. Glide
46. Spheres
49. Beaver-like rodent called a 'river rat'
51. Rodeo rope
52. Edmonton NHL player
53. Film legend Ms. Garbo
56. "Union's been on strike / He's down ___ luck ...it's tough, so tough." - Bon Jovi
58. ___ moss
62. "Well, in ___ event..."
63. "Lucky Man" gr.
64. Mr. Tolstoy
65. Allow

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel down-to-earth about life. You want to approach practical projects in a tangible way. Nevertheless, this is a poor day for important decisions or major purchases.

Taurus April 21 - May 21
Behind-the-scenes research might reveal something useful for you today. Listen to the advice of others, especially those who are older or more experienced.

Gemini May 22 - June 21
In discussion with groups and friends, someone will have some practical advice for you. Quite likely, this person is older or more experienced. Nevertheless, postpone important decisions until tomorrow.

Cancer June 22 - July 23
You will impress people in power today because they see you as reliable, conscientious and practical. However, this is a poor day to volunteer for anything or to agree to anything important. Wait until tomorrow.

Leo July 24 - Aug. 23
You can accomplish a lot of studying or learning something new because it's easy to concentrate today. A teacher or guru-like figure might impress you.

Virgo Aug. 24 - Sept. 23
Do your homework today to tie together loose ends regarding inheritance, taxes, debt and insurance issues. Nevertheless, this is a poor day for important decisions.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be practical and concern long-range plans for the future. Just kick these ideas around, because you should postpone important decisions until tomorrow.

Scorpio Oct. 24 - Nov. 22
You will accomplish a lot at work today because you find it easy to concentrate and pay attention to detail. You won't even mind doing routine tasks. Bravo!

Sagittarius Nov. 23 - Dec. 21
Children might be a serious responsibility today. This is also a good day to deal with practical applications for creative projects.

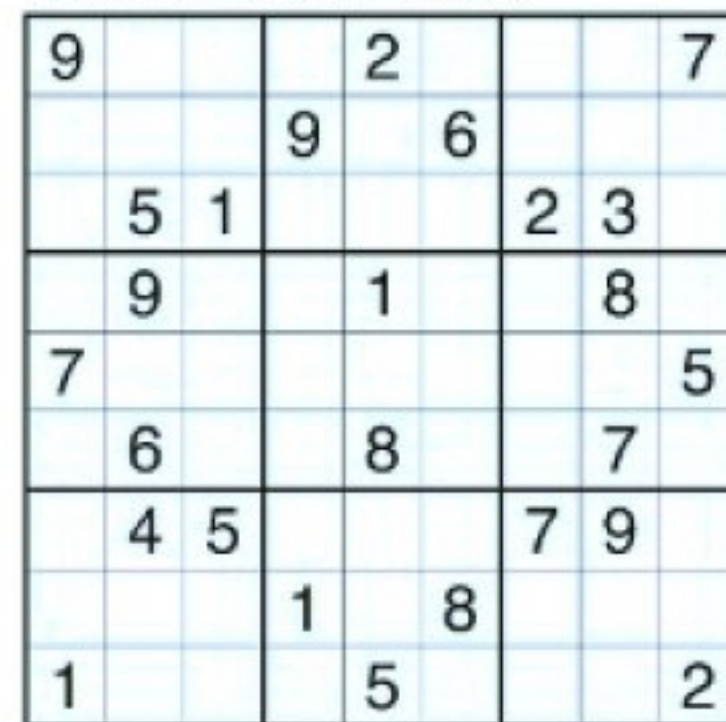
Capricorn Dec. 22 - Jan. 20
A family discussion with someone older might be helpful today. This person might choose to offer you assistance.

Aquarius Jan. 21 - Feb. 19
You're in a serious frame of mind today, which is why you are willing to do routine tasks that help you feel better organized. This is also a good day to study new subjects and learn something.

Pisces Feb. 20 - March 20
You're in the frame of mind to make financial plans for the future. That's fine. Do your homework. But postpone important purchases and important decisions until tomorrow.

CONCEPTIS SUDOKU by Dave Green

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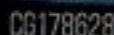
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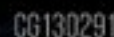
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